



HEAL-THY SELF

SHALOM ISRAEL.

IN THIS MONTH'S JOURNAL WE ARE GOING TO ADDRESS A TOUCHY SUBJECT "MEN'S HEALTH"

AVOIDANCE

WHY DO MEN AVOID GOING TO THE DOCTOR? THE SHORT ANSWER IS FEAR. THIS FEAR USUALLY STEMS FROM THE LACK OF INFORMATION, SOCIAL STIGMAS OR ADEQUATE MEDICAL RESOURCES.

DANGERS OF AVOIDING DOCTORS

THE CONSEQUENCES OF PUTTING MEDICAL CARE OFF, OR KEEPING INFORMATION FROM ONE'S DOCTOR, CAN BE DIRE TO ONESELF. THE NUMBER ONE PROBLEM IS MISSING EARLY WARNING SIGNS OF SERIOUS CONDITIONS, ESPECIALLY WHEN IT COMES TO SILENT SYMPTOMS. DIAGNOSING PRE-DIABETES AND OTHER CHRONIC MEDICAL CONDITIONS SHOULD BE ADDRESSED AS EARLY AS POSSIBLE. A PERFECT EXAMPLE OF THIS IS **PROSTATE CANCER**, WHICH CAN BE DETECTED WITH A SIMPLE PHYSICAL EXAM. PATIENTS THAT ARE DIAGNOSED AT AN EARLY STAGE HAVE A MUCH BETTER PROGNOSIS THAN THOSE WHO SHOW UP TOO LATE AT THE DOCTOR.

ECCLESIASTICUS 38:1

"HONOUR A PHYSICIAN WITH THE HONOUR DUE UNTO HIM FOR THE USES WHICH YE MAY HAVE OF HIM: FOR THE LORD HATH CREATED HIM."

BY PUTTING THOSE EXAMS OFF, MEN MAY BE IN MUCH WORSE CONDITION BY THE TIME A DISEASE IS CAUGHT THAN THEY WOULD HAVE BEEN IF THEY HAD GONE IN EARLY AND REGULARLY. UNFORTUNATELY, DUE TO DELAYS AND DENIALS, BY THE TIME WE BUILD UP THE COURAGE TO VISIT OUR DOCTOR, SOMETIMES THE DISEASE IS NO LONGER TREATABLE. NOW YOU MAY HAVE TO DEAL WITH CONSEQUENCES LIKE DIALYSIS, LIMB AMPUTATIONS, AND SOMETIMES DEATH.

HEALTH:

ACCORDING TO CENSUS BUREAU PROJECTIONS, THE 2015 LIFE EXPECTANCIES AT BIRTH FOR BLACKS ARE 76.1 YEARS, WITH 78.9 YEARS FOR WOMEN, AND 72.9 YEARS FOR MEN. FOR NON-HISPANIC WHITES THE PROJECTED LIFE EXPECTANCIES ARE 79.8 YEARS, WITH 82.0 YEARS FOR WOMEN, AND 77.5 YEARS FOR MEN. THE DEATH RATE FOR **AFRICAN AMERICANS** IS GENERALLY HIGHER THAN WHITES FOR **HEART DISEASES**, STROKE, **CANCER**, ASTHMA, **INFLUENZA** AND PNEUMONIA, DIABETES, **HIV/AIDS**, AND HOMICIDE.

SLAVERY

ACCORDING TO THE NEW ENGLAND JOURNAL OF MEDICINE EDITORIAL SLAVERY HAS PRODUCED A LEGACY OF RACISM, INJUSTICE, AND BRUTALITY. HISTORICAL RECORDS PROVE THAT FROM 1492 TO THIS VERY MOMENT, THAT LEGACY HAS INFECTED MEDICINE AS IT DOES ALL SOCIAL INSTITUTIONS.

THE SO-CALLED BLACK/BROWN AMERICANS DIE YOUNGER THAN WHITE AMERICANS AND THEY HAVE HIGHER RATES OF DEATH FROM A STRING OF DISEASES INCLUDING HEART DISEASES, STROKE, CANCER, ASTHMA AND DIABETES.

DEUTERONOMY 28:6

"ALSO EVERY SICKNESS, AND EVERY PLAGUE, WHICH IS NOT WRITTEN IN THE BOOK OF THIS LAW, THEM WILL THE LORD BRING UPON THEE, UNTIL THOU BE DESTROYED."

BY ONE MEASURE, THEY ARE WORSE OFF THAN IN THE TIME OF SLAVERY. THE BLACK INFANT MORTALITY RATE (BABIES WHO DIE BEFORE THEIR FIRST BIRTHDAY) IS MORE THAN TWO TIMES HIGHER THAN FOR WHITES - 11.4 DEATHS PER 1,000 LIVE BIRTHS FOR BLACKS COMPARED WITH 4.9 FOR WHITES. HISTORIANS ESTIMATE THAT IN 1850 IT WAS 1.6 TIMES HIGHER FOR BLACKS - 340 PER 1,000 VS. 217 FOR WHITES.

SOLUTIONS

ECCLESIASTICUS 38:9

"MY SON, IN THY SICKNESS BE NOT NEGLED: BUT PRAY UNTO THE LORD, AND HE WILL MAKE THEE WHOLE."

STUDIES SHOW THAT THE PROPORTION OF DEATHS ASSOCIATED WITH UNACCEPTABLE DIETS VARIED ACROSS DEMOGRAPHIC GROUPS. FOR INSTANCE, THE PROPORTION WAS **HIGHER AMONG MEN THAN WOMEN; AMONG BLACKS AND HISPANICS COMPARED TO WHITES; AND AMONG THOSE WITH LOWER EDUCATION LEVELS.**

THE DIETARY LAW:

HEALTHY EATING CAN LOWER YOUR RISK FOR HEART DISEASE, STROKE, DIABETES, AND OTHER HEALTH CONDITIONS. A HEALTHY EATING PLAN EMPHASIZES VEGETABLES, FRUITS, WHOLE GRAINS, AND FAT-FREE OR LOW-FAT DAIRY PRODUCTS; INCLUDES LEAN MEATS (**NO PORK**), POULTRY, FISH (**NO SCRIMPS, CRABS OR LOBSTERS**), BEANS, EGGS, AND NUTS; AND LIMITS SATURATED AND TRANS FATS, SODIUM, AND ADDED SUGARS. NOT EATING ENOUGH NUTS AND SEEDS, LAWFUL SEAFOOD OMEGA-3 FATS, VEGETABLES, FRUITS, WHOLE GRAINS, ALSO INCREASED RISK OF DEATH COMPARED WITH PEOPLE WHO HAD AN OPTIMAL INTAKE OF THESE FOODS/NUTRIENTS.

EATING TOO MUCH PROCESSED MEAT, SUGAR SWEETENED BEVERAGES, AND UNPROCESSED RED MEAT ALSO RAISED THE RISK OF HEART DISEASE, STROKE AND TYPE 2 DIABETES-RELATED DEATHS.

ECCLESIASTICUS 38:4

"THE LORD HATH CREATED MEDICINES OUT OF THE EARTH; AND HE THAT IS WISE WILL NOT ABHOR THEM."

LEADERSHIP TALKS
CURRENT EVENTS
MY DAILY PRAYER



SALT OF THE EARTH
HEBREW HEALTH
RESOURCE PAGE



AS THIS KINGDOM DRAWS NEAR TO DISPLAY THEIR POLITICAL SHOWDOWN. WE MUST TRULY SEPARATE OURSELVES FROM THE FALSEHOOD THAT THERE IS A SOLUTION ROOTED IN THE SYSTEM OF LIES THAT THEY CALL DEMOCRACY. THIS SYSTEM WILL ONLY DESTROY THE MINDS OF OUR PEOPLE, PLACING HOPE IN THE HANDS OF A NATION THAT WILL NEVER REDEEM US AS A NATION. IT IS RECORDED THROUGHOUT ALL OUR HISTORY THIS IS SET IN PLACE TO DESTROY US AS A NATION.

1 MACCABEES 1: 41 - 42

MOREOVER KING ANTIOCHUS WROTE TO HIS WHOLE KINGDOM, THAT **ALL SHOULD BE ONE PEOPLE**, AND EVERY ONE SHOULD LEAVE HIS LAWS: SO ALL THE HEATHEN AGREED ACCORDING TO THE COMMANDMENT OF THE KING.

come a burden to them." In another example, the persecution of the black Jews in Portugal was so ruthless and frequent that Cecil Roth³³ tells us the Jews did not divulge to their children the secret of their religion until they had attained the age of reason. **The Hebrew religion is such that**

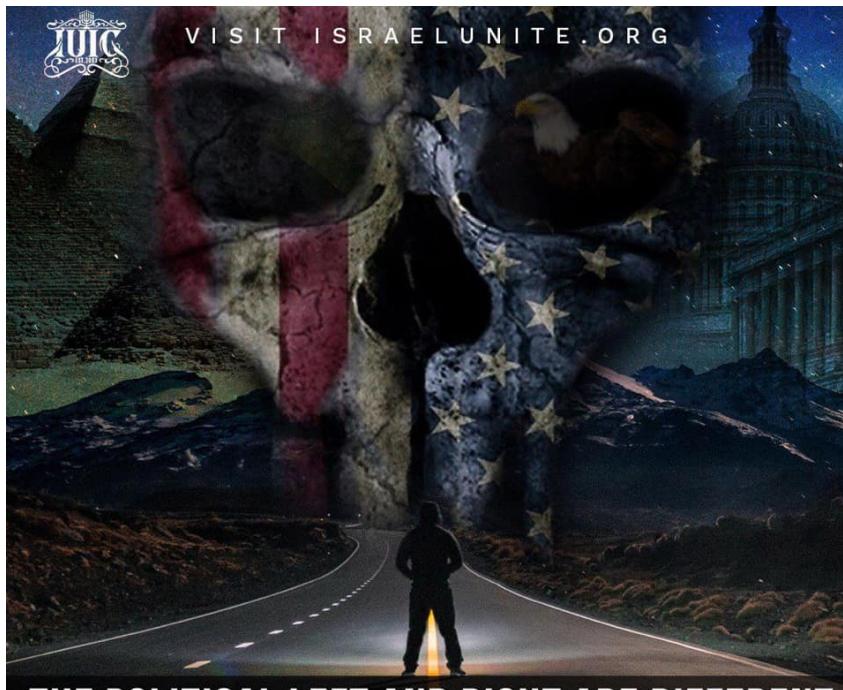
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From Babylon to Timbuktu

if you deny your religion, you will eventually deny your nationality. The sociologists and psychologists know, and history has proven that, **if you deny your culture and nationality over a long period of time you will totally forget it through a process of assimilation.**

1 MACCABEES 1: 43 - 44

YE, MANY ALSO OF **THE ISRAELITES CONSENTED TO HIS RELIGION**, AND SACRIFICED UNTO IDOLS, AND PROFANED THE SABBATH. FOR THE KING HAD SENT LETTERS BY MESSENGERS UNTO JERUSALEM AND **THE CITIES OF JUDA THAT THEY SHOULD FOLLOW THE STRANGE LAWS OF THE LAND.**



1 MACCABEES 1: 49

TO THE END THEY MIGHT FORGET THE LAW, AND CHANGE ALL THE ORDINANCES.



My Daily Prayer

PSALMS 70

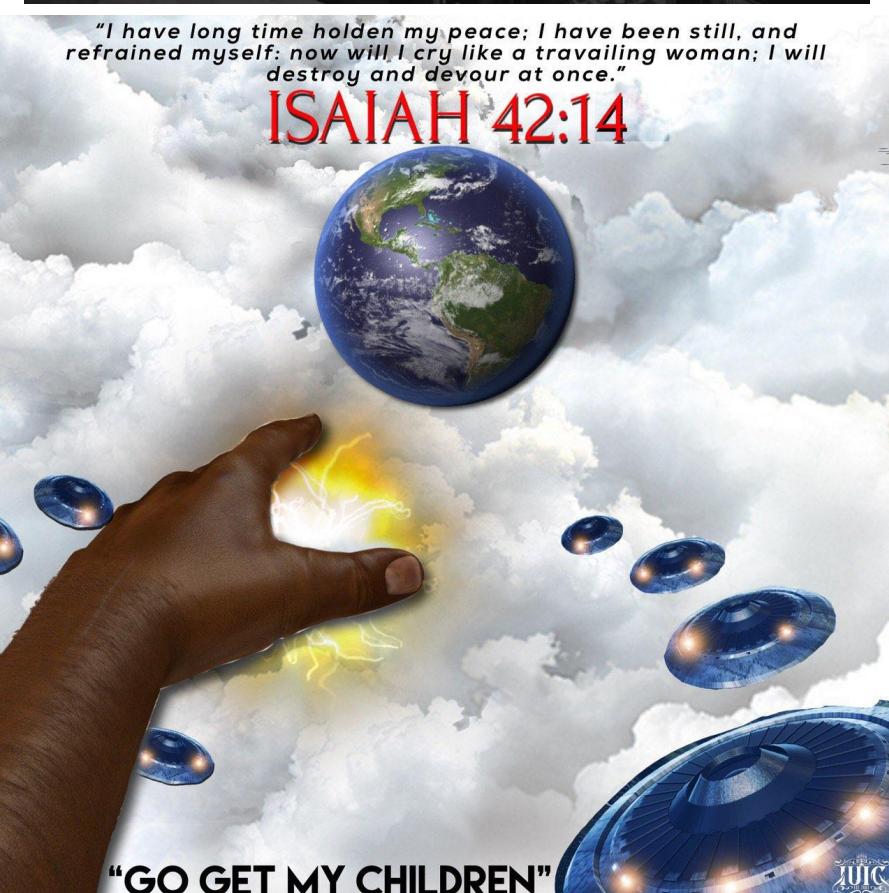
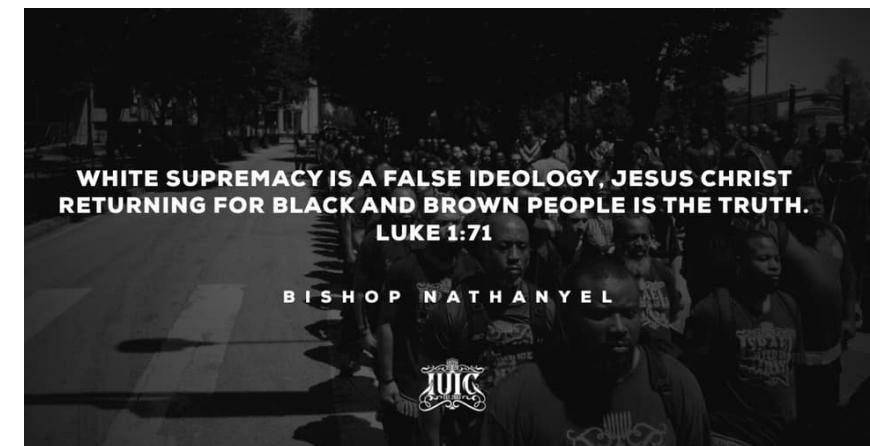
(TO THE CHIEF MUSICIAN, A PSALM OF DAVID, TO BRING TO REMEMBRANCE.) MAKE HASTE, O GOD, TO DELIVER ME; MAKE HASTE TO HELP ME, O LORD. LET THEM BE ASHAMED AND CONFOUNDED THAT SEEK AFTER MY SOUL: LET THEM BE TURNED BACKWARD, AND PUT TO CONFUSION, THAT DESIRE MY HURT. LET THEM BE TURNED BACK FOR A REWARD OF THEIR SHAME THAT SAY, AHA, AHA. LET ALL THOSE THAT SEEK THEE REJOICE AND BE GLAD IN THEE: AND LET SUCH AS LOVE THY SALVATION SAY CONTINUALLY, LET GOD BE MAGNIFIED. BUT I AM POOR AND NEEDY: MAKE HASTE UNTO ME, O GOD: THOU ART MY HELP AND MY DELIVERER; O LORD, MAKE NO TARRYING.



JEREMIAH 15:15

O LORD, THOU KNOWEST: REMEMBER ME, AND VISIT ME, AND REVENGE ME OF MY PERSECUTORS; TAKE ME NOT AWAY IN THY LONGSUFFERING: KNOW THAT FOR THY SAKE I HAVE SUFFERED REBUKE. THY WORDS WERE FOUND, AND I DID EAT THEM; AND THY WORD WAS UNTO ME THE JOY AND REJOICING OF MINE HEART: FOR I AM CALLED BY THY NAME, O LORD GOD OF HOSTS.

Scriptures of the Month



WAS CHRIST ANTI-SEMETIC TOO?

Revelation 2:9

"I KNOW THY WORKS, AND TRIBULATION, AND POVERTY, (BUT THOU ART RICH)
AND I KNOW THE BLASPHEMY OF THEM
WHICH SAY THEY ARE JEWS, AND ARE NOT,
BUT ARE THE SYNAGOGUE OF SATAN."

King James Version (KJV)



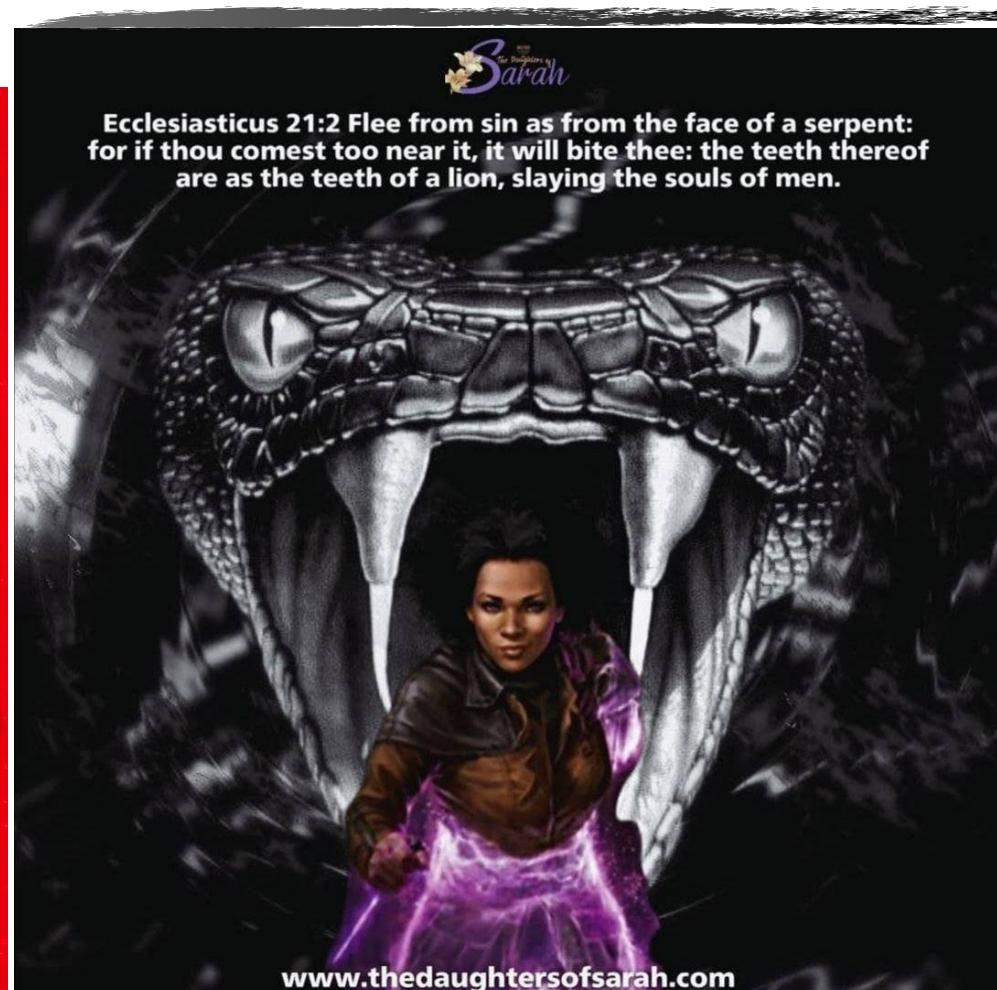
PSALM 19:7

**"THE LAW OF THE LORD IS
PERFECT, CONVERTING
THE SOUL: THE
TESTIMONY OF THE LORD
IS SURE, MAKING WISE
THE SIMPLE."**

JUIC
ISRAELUNITE.ORG



**Ecclesiasticus 21:2 Flee from sin as from the face of a serpent:
for if thou comest too near it, it will bite thee: the teeth thereof
are as the teeth of a lion, slaying the souls of men.**



Hebrew Health

GENESIS 9:3 - 4

EVERY MOVING THING THAT LIVETH SHALL BE MEAT FOR YOU; EVEN AS THE GREEN HERB HAVE I GIVEN YOU ALL THINGS. BUT FLESH WITH THE LIFE THEREOF, WHICH IS THE BLOOD THEREOF, SHALL YE NOT EAT.

SHALOM ISRAEL, OUR TOPIC OF DISCUSSION WILL BE ON "BLOOD" WHICH GIVES LIFE TO OUR FLESH.

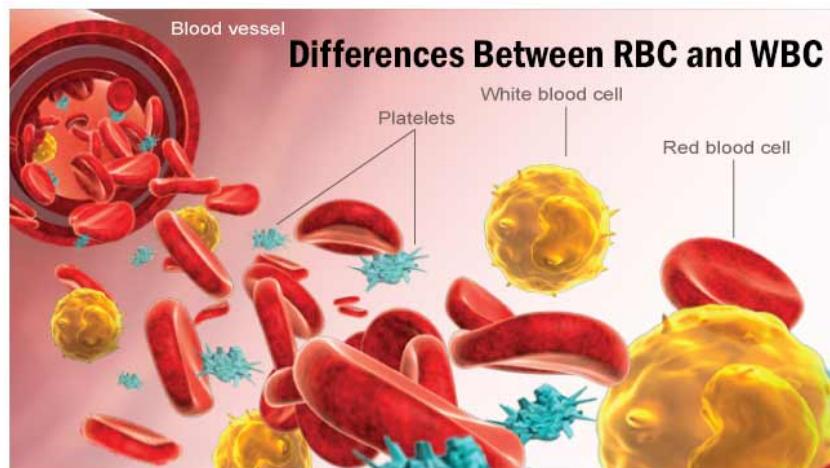
LOW IRON and Platelets Deficiency Struggles

ARE YOU OR YOUR WIFE STRUGGLING WITH LOW PLATELET COUNT OR LOW IRON?

LET'S DISCUSS WHAT IS LOW IRON AND PLATELETS DEFICIENCY AND HOW IT AFFECTS A WOMAN'S HEALTH DURING PREGNANCY. WE WILL ALSO BE DISCUSSING WHAT IT CONSISTS OF AND SOLUTIONS TO INCREASE YOUR IRON OR PLATELETS DURING PREGNANCY.

FIRST, LET'S START OFF WITH IRON. WHAT IS IRON? IRON AND PLATELETS BOTH DEAL WITH THE BLOOD CELL. MOST PEOPLE WHO ARE ANEMICS HAVE LOW IRON. SOME HAVE HABITS OF EATING ICE OR THEY GET COLD VERY FAST. IT IS MENTIONED ABOVE HOW YOU CAN INCREASE YOUR IRON WHEN IT COMES TO WHAT FOODS ARE BEST FOR YOU TO CONSUME

THERE ARE TWO DIFFERENT TYPES OF BLOOD CELLS. YOU HAVE WHITE BLOOD CELLS, RED BLOOD CELLS AND PLATELETS.



PLATELETS: A TINY, DISC-SHAPED PIECE OF CELL THAT IS FOUND IN THE BLOOD AND SPLEEN. PLATELETS ARE PIECES OF VERY LARGE CELLS IN THE BONE MARROW CALLED MEGAKARYOCYTES. THEY HELP FORM BLOOD CLOTS TO SLOW OR STOP BLEEDING AND TO HELP WOUNDS HEAL.

PLATELET COUNTS VARY DEPENDING ON YOUR GENDER, AGE AND DURING A PREGNANCY. CHART BELOW SHOWS THE RANGES.

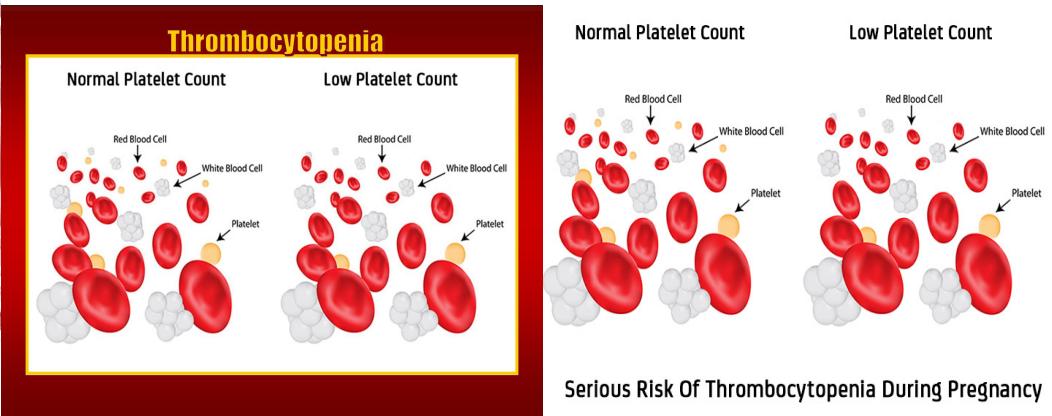
TABLE: Platelet Counts During Pregnancy and in Nonpregnant Women

	Women with uncomplicated pregnancies					Nonpregnant women
	First Trimester	Second Trimester	Third Trimester	Delivery	Postpartum Period	
Number	2,306	2,553	2,254	4,568	246	8,885
Mean platelet count, $10^3/\text{mm}^3$ (95% CI)	251 (249-253)	230 (228-232)	225 (223-226)	217 (215-219)	264 (254-274)	273 (269-276)
Range, $10^3/\text{mm}^3$	99-937	31-670	57-505	63-552	91-575	11-999
	Women with complicated pregnancies					
Number	1,082	1,324	1,664	2,586		
Mean platelet count, $10^3/\text{mm}^3$ (95% CI)	258 (253-264)	238 (233-242)	228 (224-232)	219 (217-222)		
Range, $10^3/\text{mm}^3$	58-528	102-711	70-613	32-506		
	Pregnant women with preexisting disorders					
Number	85	120	140	197		
Mean platelet count, $10^3/\text{mm}^3$ (95% CI)	230 (208-253)	210 (192-229)	214 (198-230)	204 (194-214)		
Range, $10^3/\text{mm}^3$	60-454	29-378	4-411	24-435		

Did you know!

HAVING TOO MANY, TOO FEW PLATELETS OR HAVING PLATELETS THAT DON'T WORK AS THEY SHOULD, CAN CAUSE PROBLEMS? THIS MEANS A PREGNANT WOMAN WITH A LOW BLOOD COUNT MAY NEED A BLOOD TRANSFUSION OR EVEN BLEED TO DEATH. "IT'S PRETTY SCARY, RIGHT?! WE ALL KNOW WE DON'T WANT THAT TO HAPPEN.

CHECKING THE NUMBER OF PLATELETS IN THE BLOOD MAY HELP DIAGNOSE CERTAIN DISEASES OR CONDITIONS. ANOTHER NAME FOR PLATELETS IS THROMBOCYTES.



Serious Risk Of Thrombocytopenia During Pregnancy

THINGS CAN GET PRETTY OUT OF CONTROL; THEREFORE, WE MUST BE MINDFUL OF THE FOOD WE'RE CONSUMING ESPECIALLY DURING PREGNANCY. NOT ONLY WILL THIS AFFECT PREGNANT WOMEN, IT CAN AFFECT MEN AND CHILDREN AS WELL. HAVE YOU EVER NOTICED WHEN YOU OR YOUR CHILD MIGHT'VE GOT A CUT AND IT CONTINUES TO BLEED AND TAKES FOREVER TO STOP? MAYBE IT'S BECAUSE THE PLATELETS ARE LOW.

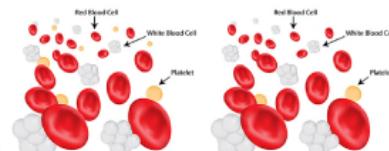
Symptoms & Causes of Low Platelet

Symptoms of Low Platelet

- Blood in the stools
- Nosebleeds
- Gum-bleeds
- Dehydration
- Blood in the urine
- General weakness
- Severe headaches
- Pain in the joints

Causes of Low Platelet

- Decreased platelet production
- Viral Infections
- Chemotherapy Drugs
- Deficiency of vitamin B12
- Increased platelet consumption or destruction

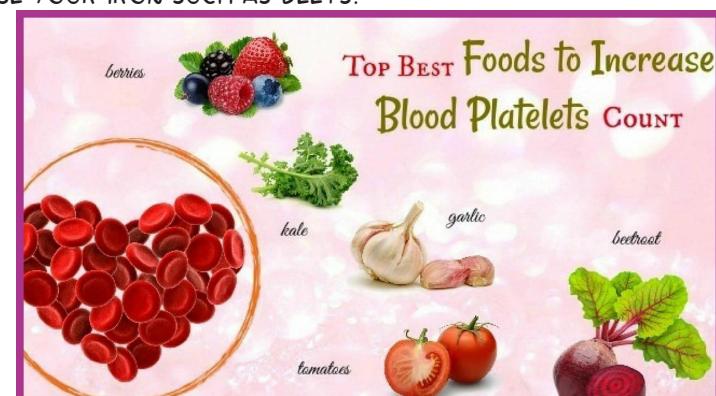


SOME THINGS THAT WOULD HINDER YOUR PLATELETS IS STARCH, AND SUGAR. MANY FOODS HAVE SUGAR INSIDE IT. WE MUST INCLUDE MORE GREEN LEAFY VEGETABLES AND FRUITS LOW IN SUGAR INTO OUR DIET. CUT BACK ON THE STARCH AND SUGARY FOODS. IT MUST BE EATEN IN MODERATION AS THE SCRIPTURE SAYS IN **SIRACH 31:19-21**.

SOME FRUITS LOW IN SUGAR ARE

- MELONS
- APPLES
- CITRUS (EX. ORANGES AND GRAPEFRUIT)

THIS IS PRETTY MUCH GOING BACK TO EATING FOODS HIGH IN ALKALINE AS WE MENTIONED IN THE PREVIOUS ARTICLE AND CONSUMING FRUITS AND VEGETABLES THAT WILL INCREASE YOUR IRON SUCH AS BEETS.



INCREASE YOUR PLATELETS BY EATING GREEN LEAFY VEGETABLES SUCH AS KALE, EGGS, LIVER, MEAT, CABBAGE, PARSLEY, AND BEETS. ANY OF THESE WILL HELP INCREASE YOUR BLOOD PLATELET COUNT. VITAMIN B-12 MAY HELP KEEP YOUR BLOOD CELLS HEALTHY AND ITS DEFICIENCY HAS BEEN ASSOCIATED WITH LOW PLATELET COUNTS. STAY HEALTHY ISRAEL!

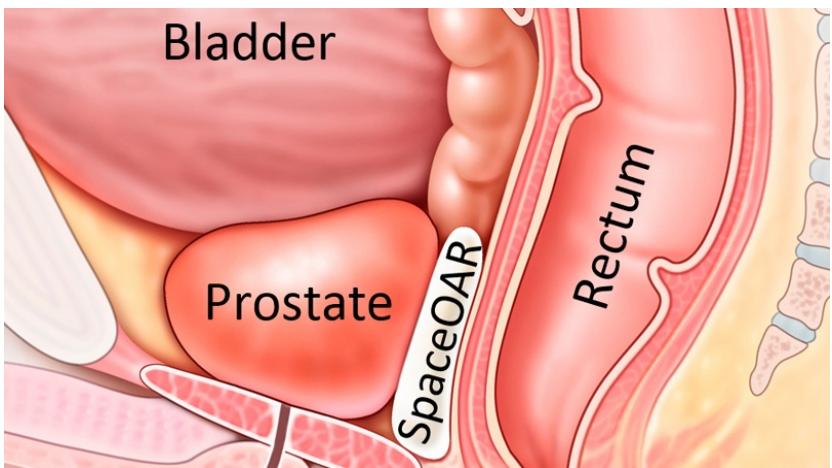


PROSTATE CANCER

WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?
THE GREATEST RISK FACTOR FOR PROSTATE CANCER IS AGE. THE CHANCE OF A MAN DEVELOPING PROSTATE CANCER INCREASES SIGNIFICANTLY AFTER AGE 50, AND MOST CASES OCCUR IN MEN OLDER THAN 65.

IF YOU HAVE A FAMILY HISTORY OF PROSTATE CANCER, YOU MAY ALSO BE AT RISK DUE TO CERTAIN GENETIC (INHERITED) FACTORS. OUR GENETIC COUNSELING AND TESTING TEAM CAN ANALYZE YOUR RISK LEVEL AND HELP YOU COME UP WITH A SCREENING PLAN THAT CAN FIND DISEASE EARLY.

AFRICAN-AMERICAN MEN AND CARIBBEAN MEN OF AFRICAN DESCENT ARE ALSO MORE LIKELY TO DEVELOP PROSTATE CANCER. THE REASON WHY THESE MEN EXPERIENCE MORE INSTANCES OF PROSTATE CANCER IS NOT CLEAR.



WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?
MANY MEN DO NOT EXPERIENCE ANY SYMPTOMS WITH PROSTATE CANCER. IN MOST CASES, THE FIRST SIGNS OF DISEASE ARE FOUND DURING A ROUTINE SCREENING.

IF SYMPTOMS DO APPEAR, THEY COULD BE CAUSED BY PROSTATE CANCER OR MAY BE THE RESULT OF ANOTHER PROSTATE CONDITION. SYMPTOMS MAY INCLUDE:

- * TROUBLE STARTING OR STOPPING THE FLOW OF URINE
- * FREQUENT URINATION (ESPECIALLY AT NIGHT)
- * WEAK OR INTERRUPTED URINE FLOW
- * PAINFUL OR BURNING URINATION
- * TROUBLE EMPTYING THE BLADDER COMPLETELY
- * BLOOD IN THE SEMEN OR URINE
- * DULL PAIN IN THE HIPS, PELVIS OR BACK THAT DOES NOT GO AWAY
- * LEAKING URINE WHEN LAUGHING OR COUGHING
- * SYMPTOMS OF ANEMIA, SUCH AS SHORTNESS OF BREATH, WEAKNESS, PALE SKIN, OR FEELING VERY TIRED.

PROSTATE CONDITIONS

PROSTATITIS: INFLAMMATION OF THE PROSTATE, SOMETIMES CAUSED BY INFECTION. IT IS TYPICALLY TREATED WITH ANTIBIOTICS.

ENLARGED PROSTATE: CALLED BENIGN PROSTATIC HYPERPLASIA OR BPH, PROSTATE GROWTH AFFECTS VIRTUALLY ALL MEN OVER 50. SYMPTOMS OF DIFFICULT URINATION TEND TO INCREASE WITH AGE. MEDICINES OR SURGERY CAN TREAT BPH.

PROSTATE CANCER: IT'S THE MOST COMMON FORM OF CANCER IN MEN (BESIDES SKIN CANCER), BUT ONLY ONE IN 41 MEN DIE FROM PROSTATE CANCER. SURGERY, RADIATION, HORMONE THERAPY, AND CHEMOTHERAPY CAN BE USED TO TREAT PROSTATE CANCER. SOME MEN CHOOSE TO DELAY TREATMENT, WHICH IS CALLED WATCHFUL WAITING.

PROSTATE TESTS

DIGITAL RECTAL EXAMINATION (DRE): A DOCTOR INSERTS A LUBRICATED, GLOVED FINGER INTO THE RECTUM AND FEELS THE PROSTATE. A DRE CAN SOMETIMES DETECT AN ENLARGED PROSTATE, LUMPS OR NODULES OF PROSTATE CANCER, OR TENDERNESS FROM PROSTATITIS.

PROSTATE-SPECIFIC ANTIGEN (PSA): THE PROSTATE MAKES A PROTEIN CALLED PSA, WHICH CAN BE MEASURED BY A BLOOD TEST. IF PSA IS HIGH, PROSTATE CANCER IS MORE LIKELY, BUT AN ENLARGED PROSTATE CAN ALSO CAUSE A HIGH PSA. RECOMMENDATIONS ABOUT WHETHER OR NOT A MAN SHOULD BE SCREENED AND AT WHAT AGE DIFFER. TALK WITH YOUR DOCTOR ABOUT WHETHER YOU NEED TESTING AND THE POTENTIAL BENEFITS AND RISKS.

PROSTATE ULTRASOUND (TRANSRECTAL ULTRASOUND): AN ULTRASOUND PROBE IS INSERTED INTO THE RECTUM, BRINGING IT CLOSE TO THE PROSTATE. ULTRASOUND IS OFTEN DONE WITH A BIOPSY TO TEST FOR PROSTATE CANCER.

PROSTATE BIOPSY: A NEEDLE IS INSERTED INTO THE PROSTATE TO TAKE TISSUE OUT TO CHECK FOR PROSTATE CANCER. THIS IS USUALLY DONE THROUGH THE RECTUM.

SOLUTIONS

WHAT CAN YOU DO TO PREVENT PROSTATE CANCER?

THERE IS NO GUARANTEED WAY TO PREVENT CANCER. HOWEVER, YOU CAN REDUCE YOUR RISK FOR PROSTATE CANCER BY:

1. NOT USING TOBACCO OR ANY TYPE OF SMOKING
2. EXERCISING REGULARLY
3. EATING A HEALTHY LAWFUL DIET, WHICH INCLUDES PLENTY OF FRUITS AND VEGETABLES, WHOLE GRAINS, LEAN PROTEINS AND LOW-FAT DAIRY.
4. KEEPING A HEALTHY WEIGHT.
5. GETTING REGULAR PROSTATE CANCER SCREENINGS IF YOU ARE BETWEEN AGES 55 AND 70
6. ASKING YOUR DOCTOR ABOUT GENETIC TESTING. IF YOU HAVE A FAMILY HISTORY OF PROSTATE CANCER, YOU MAY HAVE AN INHERITED CONDITION THAT INCREASES YOUR RISK FOR DISEASE.
7. **WISDOM OF SOLOMON 16:12**

"FOR IT WAS NEITHER HERB, NOR MOLLIFYING PLAISTER, THAT RESTORED THEM TO HEALTH: BUT THY WORD, O LORD, WHICH HEALETH ALL THINGS."

JEREMIAH 29:5

"BUILD YE HOUSES, AND DWELL
IN THEM; AND PLANT
GARDENS, AND EAT THE FRUIT
OF THEM;"

MONEY MATTERS



MOST OF US GREW UP TO BELIEVE THAT WE SHOULD GO TO SCHOOL, GET A GOOD PAYING JOB, AND BUY A HOUSE YOU CAN PASS DOWN TO YOUR CHILDREN. THIS CONCEPT IS NOT WRONG, HOWEVER, OUR UNDERSTANDING OF IT IS INCORRECT. THERE IS AN UNDERLINING CONDITION THAT WE DID NOT COUNT ON, THAT IS, TELEVISION AND THE INFLUENCE OF SOCIAL MEDIA TO CONDITION OUR MINDS TO BELIEVE WE NEED TO MOVE OUT OF OUR PARENT'S HOME AND BUY OUR OWN. WHAT DOES THIS MEAN?

THIS MEANS THAT BUYING A HOME TO PASS DOWN TO YOUR CHILDREN NO LONGER MEANS PASSING DOWN A SINGLE FAMILY HOME. IT MEANS PASSING DOWN THE **INCOME** A SINGLE-FAMILY HOME PRODUCES.

LET'S TAKE THIS ONE STEP AT A TIME.

WHEN YOU ARE SINGLE, FINISHED WITH SCHOOL, AND WORKING HARD TO BUILD UP YOUR FUNDS TO BUY A HOME, THE FIRST STEP SHOULD BE TO BUY, OR BUILD, A DUPLEX, TRIPLEX, OR QUADPLEX. NOW I KNOW THAT SOUNDS LIKE A LOT, RIGHT? DO NOT FEAR! QUALIFYING FOR THIS TYPE OF PURCHASE, TAKES THE SAME AMOUNT OF TIME AS QUALIFYING FOR A SINGLE FAMILY HOME. YES, IT'S MORE ATTRACTIVE TO BUY "YOUR OWN SPOT". HOWEVER, THAT HOME DRAWS MONEY FROM YOU FOR 30+ YEARS. THIS IS A **LIABILITY** NOT AN **ASSET**. HENCE, THIS LIMITS YOUR ABILITY TO MOVE AROUND IN YOUR JOB, WHERE YOU LIVE, AND HOW YOU LIVE.

CHECK THIS OUT.

IN REAL ESTATE, THE BANK CONSIDERS 1 TO 4 UNITS (I.E DUPLEX, TRIPLEX, QUADPLEX) AS A "RESIDENTIAL RESIDENCE" OR SINGLE-FAMILY HOME. THE TYPE OF LOANS YOU CAN USE TO PURCHASE THIS TYPE OF PROPERTY ARE KNOWN AS **FHA**, **VA**,

CONVENTIONAL, OR **USDA**. THE DOWN PAYMENT FOR THESE LOANS ARE 3.5%, 0%, 3%-20%, OR 0%, RESPECTFULLY. WHEN YOU APPLY FOR A LOAN FOR THIS TYPE OF PROPERTY, THE BANK WILL QUALIFY YOUR INCOME AND UP TO 75% OF THE INCOME THE PROPERTY PRODUCES. THIS MEANS IF YOU QUALIFY FOR \$200,000 BASED OFF YOUR JOB INCOME ALONE, YOU MAY QUALIFY FOR \$350,000 AFTER THE BANK INCLUDES THE RENTAL INCOME YOU WILL MAKE EACH MONTH. CAN YOU IMAGINE, BUYING A HOME, AND AN INVESTMENT AT THE SAME TIME? **THIS IS HOW YOU DO IT!** THIS IS THE BEST WAY TO GROW UP, GO TO SCHOOL, GET A JOB, AND BUY A HOME. THIS WAY YOU CAN PASS DOWN "YOUR HOME" TO YOUR CHILDREN BECAUSE IT IS AN ASSET THAT PRODUCES INCOME ALLOWING THEM TO STILL BE FLEXIBLE IN CHOOSING THEIR LIFE PATH.



THE HEBREWS JOURNAL

MOST OF THESE LOANS REQUIRE YOU TO LIVE IN THE HOME AT LEAST A YEAR BEFORE YOU CAN MOVE OUT. WHEN YOU CHOOSE TO MOVE OUT, TYPICALLY IN YEAR TWO, YOU CAN REFINANCE THE PROPERTY INTO A CONVENTIONAL LOAN, WHICH WILL FREE UP YOUR ABILITY TO REUSE THE **FHA**, **VA**, OR **USDA** LOAN TO PURCHASE YOUR IDEAL HOME. IF THIS PROCESS IS DONE RIGHT, IT IS POSSIBLE FOR THAT FIRST PURCHASE TO PRODUCE ENOUGH INCOME TO PAY FOR BOTH PROPERTIES. WHAT COULD YOU DO WITH THAT TYPE OF INCOME? WHAT WOULD YOU DO IF YOU COULD CHOOSE THE TYPE OF JOB YOU PERFORMED ON A DAILY BASIS?

NOW, WHEN YOU TAKE THE PATH OF BUYING A DUPLEX, TRIPLEX, OR QUADPLEX; YOU OPEN AVENUES TO YOUR LIFE THAT WOULD OTHERWISE BE DELAYED UNTIL YOU WERE 60, 70, OR 80 YEARS OLD.

LET ME BREAK IT DOWN FOR YOU.

A DUPLEX IS A RESIDENTIAL PROPERTY THAT HAS TWO SIDES AND SHARES ONE WALL IN-BETWEEN BOTH UNITS. ONE SIDE COULD BE A 2-BEDROOM, 1 BATHROOM WHILE THE OTHER SIDE COULD BE THE SAME. LET'S SAY THAT DUPLEX COSTS \$200,000 AND YOUR MORTGAGE IS \$1,000. AS A SINGLE PERSON, YOU CAN LIVE IN ONE SIDE AND RENT OUT THE OTHER. LET'S SAY RENT IN THAT AREA IS \$1,250 FOR A 2 BEDROOM AND 1 BATH. THIS MEANS YOU CAN LIVE IN ONE SIDE AND THE OTHER SIDE **WILL PAY FOR YOUR MORTGAGE**. DO YOU SEE HOW YOU CAN HAVE MORE FLEXIBILITY IN YOUR LIFE? NOW IMAGINE IF YOU HAVE A TRIPLEX OR A QUADPLEX?



IF YOU LOSE YOUR JOB AND YOUR TENANT IS STILL PAYING THEIR RENT YOU WON'T MISS A PAYMENT. IF YOU TAKE A VACATION FROM WORK FOR A WEEK, YOU'LL RECEIVE YOUR VACATION PAY AND THE RENT ON THE FIRST. IF YOU ARE TRYING TO GET THE SABBATH OFF, WHICH MIGHT FORCE YOU TO TAKE A LOWER PAYING JOB; NOW YOU CAN AFFORD IT. THIS CONCEPT OF LIVING IN ONE UNIT AND RENTING OUT THE REST IS IDEAL FOR A SINGLE, MARRIED, OR MARRIED WITH 1 OR 2 CHILDREN. KEEP IN MIND YOU DON'T HAVE TO STAY HERE FOREVER.

IF YOU HAVE A HOME ALREADY, AND WOULD LIKE TO START THIS PROCESS, YOU CAN. THERE ARE SOME WHO WOULD LOOK AT THIS AS A STEP BACKWARDS. I SAY UNTO YOU, EVERY SLING SHOT NEEDS TO BE PULLED BACK BEFORE LAUNCHING FORWARD. I AM MARRIED WITH 4 CHILDREN AND SOLD MY 2,100 SQ. FT., SINGLE FAMILY HOME IN ORDER TO BUY A QUADPLEX WHERE WE LIVE IN A 980 SQ. FT. UNIT AND RENT OUT THE OTHER 3 UNITS. I BOUGHT IT WITH A 100% **VA** LOAN. THIS MEANS WE DID NOT HAVE A DOWN PAYMENT. WHEN WE CLOSED ON THE PROPERTY, WE ACTUALLY GOT PAID AT THE CLOSING.

ISRAEL, YOU CAN DO THIS!
STOP BUYING INTO THIS WORLD AND USE IT TO BUILD THE NATION!



Motherhood the Journey...

BY DEBORAH ISRAEL HO'RAZIS

SHALOM FAMILY AND MOST HIGH AND CHRIST BLESS YOU ALL.

WHERE TO BEGIN, SO MUCH CHANGES IN A SHORT MATTER OF TIME. IT PRACTICALLY FEELS LIKE JUST YESTERDAY I WAS PREGNANT AND ANXIOUS TO SEE WHAT MY LITTLE ONE WAS GOING TO LOOK LIKE. NOW HE IS 7 MONTHS OLD WITH 2 TEETH, SAYING DADA AND MAMA, CLAPPING HIS HANDS FOR HIMSELF AND EVERYONE, AND IS TRYING TO CRAWL! I DEFINITELY UNDERSTAND WHEN MY SISTERS WOULD ALWAYS TELL ME, "DEBORAH, ENJOY IT NOW WHILE HE'S TINY!" Y'ALL SISTERS WERE SO ON POINT.

THERE ARE DEFINITELY ALWAYS GOING TO BE TRIALS WITH OUR CHILDREN BUT THE MOST HIGH WON'T EVER GIVE YOU ANYTHING YOU CAN'T HANDLE. WHICH BRINGS ME BACK TO CAPTAIN MATTATHIAS' CLASS ON HOW ONLY GOD KNOWS YOUR BREAKING POINT. MY SON HAS MODERATE ECZEMA AND WITH MOVING TO A NEW STATE IT FLARED UP DRAMATICALLY.

NOW A NEW MOTHER LIKE ME OF COURSE STARTED SEEING THE FLARE UP HERE AND THERE AND I GOT CONCERNED, ESPECIALLY WITH THE DRYNESS AND ITCHINESS OF THE SKIN AS ANY OTHER MOTHER WOULD. HOWEVER, I KEPT TELLING MYSELF "ALRIGHT DEBORAH, GOTTA STAY IN THE SPIRIT DON'T BREAK DOWN NOW". ALL PRAISES IN THIS TRUTH WE HAVE SO MANY SISTERS WHO DEALT WITH OR ARE DEALING WITH THE SAME MATTERS AND WE CAN ALWAYS REACH OUT TO ONE ANOTHER. SO FAR, I'VE MADE CHANGES TO MY DIET SUCH AS NO DAIRY AND NO NUTS OF ANY SORT. ALSO, I WENT AHEAD AND SWITCHED HIS DETERGENT TO ONE THAT DOESN'T HAVE ALL THOSE DYES AND FRAGRANCES AND SHORTENED HIS BATH. AT THIS POINT, HIS ECZEMA IS STABLE. ALL PRAISES TO THE MOST HIGH, BUT MOVING TO A NEW STATE WITH A NEW CLIMATE AND EVERYTHING WAS DEFINITELY A BIG CHANGE FOR HIM.

NOW WHEN IT COMES TO EATING, MAMAS THOSE WHO MAY BE FIRST TIME MOTHERS. I INITIALLY STARTED GIVING MY BABY FOOD HERE AND THERE TO TRY OUT WHEN HE TURNED 6 MONTHS, BUT HE WAS PRIMARILY BREASTFED ONLY. HE STARTED FLARING UP AT THE SAME TIME I WENT BACK TO ONLY BREASTFEEDING WITH NO BABY FOOD. HOWEVER, I RECENTLY STARTED AGAIN. IN ANY CASE YOU SHOULD STICK TO ONE FOOD FOR 1-3 DAYS TO MAKE SURE THERE IS NO REACTION, BUT IF YOUR BABY HAS ECZEMA BE SURE TO BE EVEN MORE CAUTIOUS AND STICK TO THAT ONE FOOD FOR THOSE FEW DAYS BECAUSE YOU WANT TO PAY ATTENTION AND SEE WHAT IS CAUSING THE FLARE UP. TRUST ME, YOU WILL NOTICE IF THEY CAN TOLERATE THAT SPECIFIC FOOD OR NOT. IT'S CRAZY HOW MUCH THEY CHANGE SO FAST WHEN THEY ARE YOUNG LIKE THIS.

ON ANOTHER NOTE, THROUGH OUR TRIALS AND THROUGH OUR GOOD DAYS LET'S REMEMBER TO ALWAYS GIVE PRAISE TO THE MOST HIGH AND WHENEVER WE ARE GOING THROUGH SOMETHING JUST SEND UP A PRAYER AND REACH OUT. SHALOM.

SHALOM ISRAEL,

WELCOME BACK TO ANOTHER AMAZING BLOOMING IN THE TRUTH ARTICLE. FOR THIS MONTH WE WILL BE HELPING YOU WITH A SUCCESSFUL ONLINE SCHOOL YEAR. WE WILL ALSO GIVE YOU SOME TIPS AND MEALS FOR YOUR HOMESCHOOLING YEAR.

TIPS FOR YOUR SCHOOL YEAR

- HAVE A QUIET PLACE FREE FROM ANY DISTRACTIONS
- CREATE A SCHEDULE/PLANNER TO BE ON PACE WITH YOUR HOMEWORK
- USE YOUR CLASS TIME WISELY (NOTE TAKING IS VERY IMPORTANT)
- ALWAYS STUDY BEFORE AN EXAM
- TAKE BREAKS
- SET YOUR GOAL FOR THIS SCHOOL YEAR
- MAKE SURE YOU KEEP YOUR GRADES UP
- BE AHEAD OF THE GAME (ALWAYS WANT TO BE AHEAD IN YOUR WORK)

BREAKFAST + LUNCH QUICK + EASY MEALS

BREAKFAST EGG SANDWICH

INGREDIENTS

- 1 EGG
- 2 SLICES OF TURKEY BACON
- OIL OR BUTTER
- SALT AND BLACK PEPPER
- FAVORITE BREAD
- SPINACH
- CHEESE
- FAVORITE SAUCE



1. GRAB YOUR FAVORITE BREAD AND SLIGHTLY TOAST IT UNTIL GOLDEN BROWN. ONCE DONE PLACE IT ONTO A PLATE.
2. WHILE YOUR BREAD IS TOASTING, GRAB A NONSTICK SKILLET OVER MEDIUM HEAT AND PLACE SOME BUTTER OR OIL ONTO THE PAN. CRACK TWO EGGS INTO THE PAN AND SEASON THE EGGS WITH SALT AND PEPPER TO YOUR LIKING.
3. USING A SPATULA, COOK IT, LIFTING THE EDGES AND FLIP THE EGG OVER SO THE YOLK AND THE EGG WHITE ON TOP IS COOKED FULLY. ONCE YOUR EGGS ARE DONE, PLACE IT ON TOP OF ONE SLICE OF BREAD.
4. NEXT, FULLY COOK YOUR TURKEY BACON (**LEV 11:7-NO PORK!!!**) IN THE SKILLET OVER MEDIUM HEAT WITH A LITTLE OIL.
5. LASTLY, PLACE YOUR BACON ON TOP OF YOUR EGG AND ADD SOME SPINACH, CHEESE, AND YOUR FAVORITE SAUCE WITH YOUR SLICE OF BREAD ON TOP. ENJOY!

FLATBREAD PIZZA LUNCH

INGREDIENTS

- FLOUR TORTILLA
- TOMATO SAUCE
- PAPRIKA
- CAYENNE PEPPER
- GOYA PACKET SEASONING
- CHEESE
- FAVORITE SAUCE



1. IN A SMALL SAUCEPAN POUR IN SOME TOMATO SAUCE. ADD SOME PAPRIKA, CAYENNE PEPPER, AND SOME GOYA PACKET SEASONING FOR FLAVOR. LET THE SAUCE SIMMER FOR 5 MINS.
2. PREHEAT YOUR OVEN TO 375 DEGREES FAHRENHEIT OR 190 DEGREES CELSIUS.
3. GRAB YOUR TRAY AND PLACE A SMALL FLOUR TORTILLA (4.5 INCH SIZE) ONTO YOUR TRAY. USING A SPOON SPREAD YOUR SAUCE ON THE FLAT BREAD AND THEN SPRINKLE YOUR CHEESE ON TOP.
4. PLACE IT INTO THE OVEN UNTIL THE CHEESE IS GOLDEN BROWN.
5. ONCE COOLED, CUT YOUR PIZZA INTO SLICES AND ENJOY!

Modest Fashion

HERE ARE JUST SOME SIMPLE ORGANIZATION TIPS ON STORING YOUR MODEST APPAREL AND ACCESSORIES!



*TRY IRONING YOUR CLOTHES BEFORE HANGING THEM UP. THIS IS SO HELPFUL FOR THOSE TIMES WHEN YOU'RE IN A HURRY.

*HANG PURSES ON YOUR WALL OR DISPLAY ON A SHELF SO YOU REMEMBER TO USE THEM.

*STORE YOUR BELTS, SCARVES OR JEWELRY ON DISPLAY, OR FOLD THEM AND FILE THEM IN A DRAWER OR IN A BIN IN THE CLOSET

*STORE FASHION/COSTUME JEWELRY IN CLOSED PLASTIC CONTAINERS OR BAGS TO KEEP FROM TURNING



*STORE AWAY SEASONAL CLOTHING OR SHOES UNDER YOUR BED OR ANYWHERE NOT IN THE WAY IF YOU'RE LOW ON CLOSET SPACE.

*DON'T BE AFRAID TO THROW OUT THOSE WIRE HANGERS YOU GET FROM THE DRY CLEANERS, OR THE FLIMSY PLASTIC HANGERS SOME CLOTHES COME ON IN THE STORES. TRY MATCHING HANGERS. ALL BLACK, ALL WHITE, ETC. OR YOU CAN USE DIFFERENT COLORED HANGERS TO ORGANIZE SEASONAL CLOTHING.

*USE HANGERS THAT HOLD MULTIPLE ITEMS. YOU MAY BE ABLE TO FIT A FEW SKIRTS ON JUST ONE HANGER.

WHAT TYPE OF WOOLY HAIR DO I HAVE?

BY SISTER SHIPHRAH UPHAZ BAHT ISRAEL



HAVE YOU EVER WATCHED YOUTUBE VIDEOS, READ BLOGS OR VIEWED PHOTOS OF NATURAL HAIR AND SAID TO YOURSELF "I THINK WE HAVE THE SAME HAIR TEXTURE AND WHATEVER PRODUCT SHE USES WILL WORK GREAT FOR MY HAIR TYPE!" THEN, YOU DECIDE TO BUY THE SAME PRODUCT AND BECOME DISAPPOINTED BECAUSE YOUR HAIR DID NOT TURN OUT LIKE YOU EXPECTED IT TO. YES, IT'S HAPPENED TO US ALL. BUT TO UNDERSTAND THE PRODUCTS YOU BUY, YOU MUST FIRST EDUCATE YOURSELF ABOUT YOUR HAIR. YOU SHOULD ASK YOURSELF "AM I EATING RIGHT?", "DO I HAVE A REGIMENT FOR MY HAIR?", "WHAT PRODUCTS ARE GOOD FOR MY HAIR?", "WHAT TYPE OF WOOLY HAIR DO I HAVE?"

DENSITY LETS US KNOW HOW MUCH HAIR STRANDS WE HAVE. SO, LOW DENSITY GIVES YOU FINER HAIR, NORMAL DENSITY GIVES YOU FINE AND THICK HAIR, AND HIGH DENSITY MEANS A LOT OF HAIR. WE CALL IT THICK HAIR.



"WHAT IS MY HAIR POROSITY AND WHAT DOES THAT MEAN?"

LOW POROSITY MEANS CHALLENGES WITH GETTING IN MOISTURE TO THE HAIR STRANDS AND THAT THE STRANDS ARE LOW IN PROTEIN. YOUR REGIMENT WOULD NEED TO INCLUDE A SHAMPOO, A DEEP MASK CONDITIONER, LIGHT OILS, AND SETTING LOTION FOR STYLING.

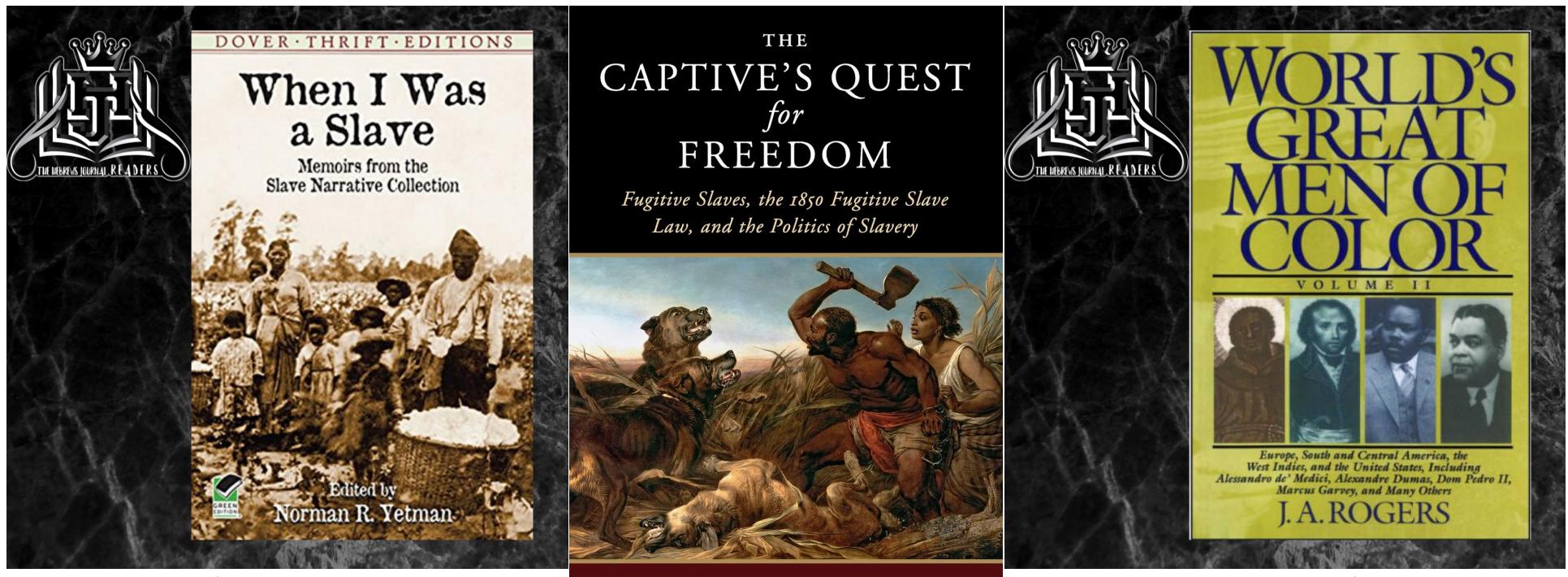
NORMAL POROSITY IS WHEN YOUR HAIR CAN TAKE MOISTURE FAIRLY WELL AND CAN HOLD MOISTURE. YOUR REGIMENT SHOULD INCLUDE A SHAMPOO, A DEEP CONDITION AT LEAST TWICE A MONTH, AND YOUR STYLING PRODUCTS CAN BE CREAMY HAIR PRODUCTS, SETTING LOTIONS, PASTE, GELS, ETC.

HIGH POROSITY MEANS YOUR HAIR CAN NOT HOLD MOISTURE. THE STRANDS ARE RAISED AND WILL NOT RETAIN MOISTURE. THIS CAN BE A RESULT FROM COLORING YOUR HAIR, RELAXERS, A LOT OF MANIPULATION OF THE HAIR, WEAVERS, FLAT IRONS, BLOW DRYERS, ETC. THE GOOD NEWS IS THAT IF YOU TAKE CARE OF YOUR HAIR THIS CAN CHANGE. YOUR REGIMENT WILL NEED TO BE A CREAMY SHAMPOO, CONDITIONERS, OILS, ETC. BUT IT'S ALSO IMPORTANT TO FIND HAIR STYLES WITH LOW MANIPULATION AND KEEP THE WEAVE AWAY. TRY NATURAL PROTECTIVE HAIRSTYLES TO HELP RETAIN MOISTURE.

OVERALL, SISTERS, YOUR HAIR DOES MATTER. IT IS A STATEMENT AND TELLS OTHERS A FEW THINGS ABOUT US. ARE WE PROUD OF OUR HERITAGE AND OUR HAIR? IF WE DON'T TAKE CARE OF OUR HAIR THEN WHAT ELSE ARE WE NOT TAKING CARE OF? DO WE LOVE AND CARE ABOUT OURSELVES?

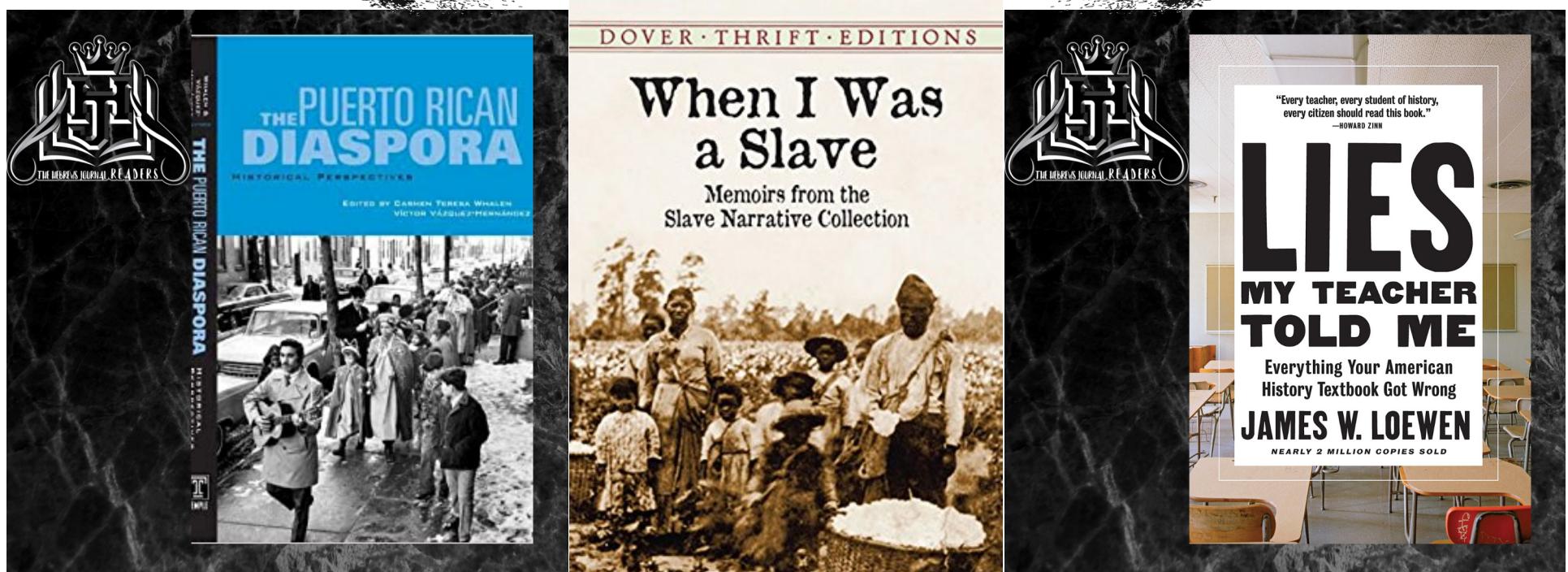
HEADWRAPS ARE BEAUTIFUL BUT THEIR PURPOSE IS FOR KEEPING GOD'S COMMANDMENTS AS IN 1 CORINTHIANS 11:5.

THEY ARE NOT SPECIFICALLY MEANT FOR BAD HAIR DAYS OR WHILE WE AWAIT OUR NEXT HAIR APPOINTMENT. WE SHOULD BE IN CHARGE OF OUR WOOLY HAIR THAT THE MOST HIGH GAVE US AND IF THAT MEANS ASKING A SISTER TO HELP, ALL PRAISES. LET'S JUST MAKE SURE WE ARE TAKING CARE OF WHAT THE MOST HIGH HAS BLESSED US WITH. SHALOM!



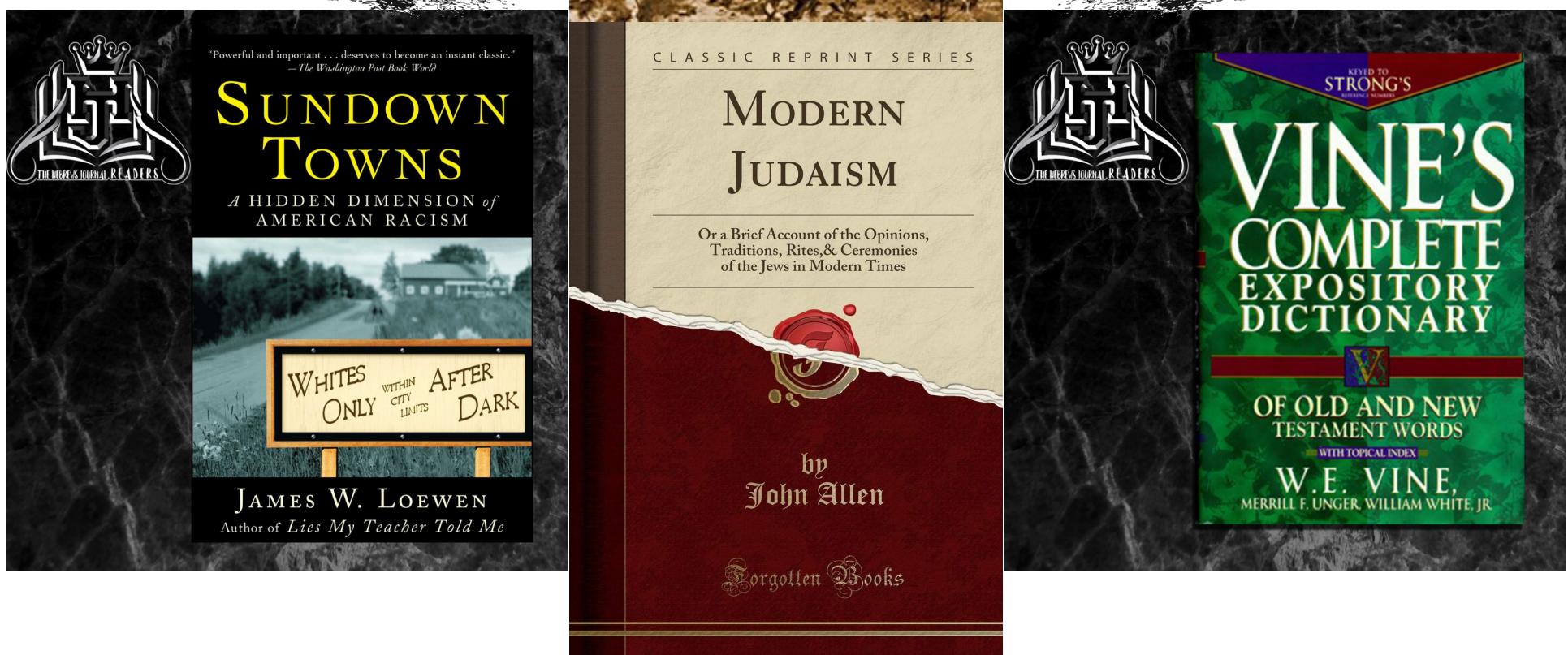
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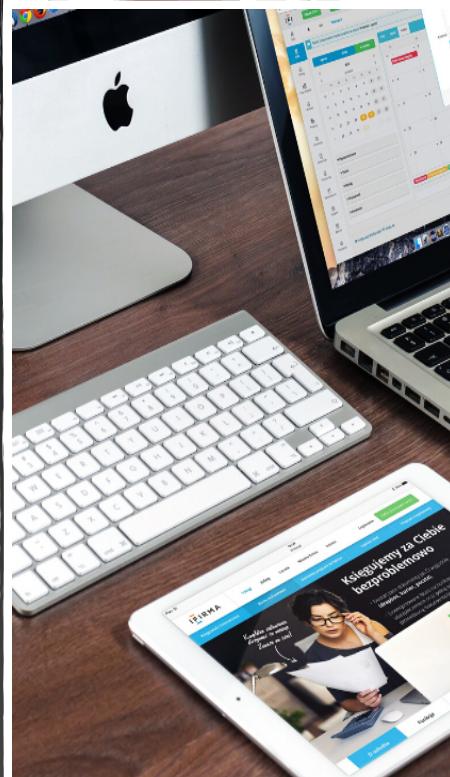
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